

# MAINSTREETER

OLD OTTAWA EAST'S COMMUNITY VOICE | LA VOIX COMMUNAUTAIRE DU VIEUX OTTAWA-EST NOVEMBER | NOVEMBRE 2017

## Lees Green Space Versus Roadway: What's Next?

BY JOHN DANCE

On the eve of the first phase of the Alta Vista Transportation Corridor (AVTC) and Light Rail Transit (LRT) on track for spring 2018, what's next for Old Ottawa East?

Will a complete four-lane AVTC be built, resulting in OOE losing its large Lees Avenue green space? Or will the Hospital Link (AVTC's first phase), much improved transit and a shift to increased cycling, walking and sharing of vehicles kill the rationale for the full AVTC?

"The Lees Avenue green space strengthens the community fabric," said Betsy Kitchen, a Chestnut Street resident, whose property backs onto the green space at Springhurst Park. "To have a highway go through here would be like taking a pair of scissors and cutting through the fabric."

"The LRT and its new Lees Avenue station is one step forward, but building the AVTC roadway beside

the LRT would be two woefully regressive steps backward and would undercut the massive investment in LRT," said Kitchen.

Conceived more than half a century ago, the AVTC aims to provide transportation relief for the growing southeast sector of the city. The corridor begins at Conroy Road and Walkley Road, winding through green spaces in Alta Vista (behind the Ottawa Hospital's General campus), through Hurdman Park, across the Rideau River and through the 160 Lees Avenue green space to end at the Queensway and Nicholas Street exit with ramps to and from Lees.

The Hospital Link segment can be seen from the eastern end of Old Ottawa East's Centennial Boulevard. The roadway runs 1.2 km from the hospital to Riverside Drive and is, according its 2005 environmental assessment, "the southerly two lanes of the ultimate four-lane design



PHOTO BY: JOHN DANCE

**Chestnut Street resident Betsy Kitchen says the half-century old AVTC proposal would eliminate the Lees Avenue green space and would isolate Lees apartment residents.**

solution."

Over the last decade, Kitchen has seen more members of the community actively using the Lees green space. Many teams play there three seasons

of the year and pedestrians and dog-walkers make daily use of the area. Many community members of Sandy Hill, OOE and Riverview Park have long campaigned against the

*Continued on page 6*



## MOTORISTS PLEASE STOP!

Local residents near the new Greenfield Avenue pedestrian crosswalk are asking motorists to please slow down. The new crosswalk that was created in the summer has proven difficult to keep safe, according to residents in the area. "I'm definitely avoiding the corner completely now," said Ed Janes. His family was helping to promote safety on the new crosswalk with this photo of Owen and Eric, both 7, Isabella, Kailena and Rosie, all 9. They had seen how difficult it is for motorists to see the crosswalk when driving west-bound up the hill on Greenfield. After taking the photo and standing guard for their children, Janes and his wife watched as a woman talking on her cell phone narrowly avoided being hit by a pick up truck. Awareness from both pedestrians and motorists is required as this new crosswalk becomes more travelled. The message: Please slow down and cross carefully!

PHOTO BY: JOHN DANCE

It was a sell-out! Neil and Wolfgang Marshall, 10, were lucky enough to arrive in time to buy the last two pumpkins at the CAG pumpkin sale. CAG thanks everyone who continues to support the annual fundraiser. The pumpkin sale proceeds support CAG programs, events and community initiatives  
PHOTO BY: MEREDITH NEWBERRY



Olivia Byford-Harvey, 12 and Isla Dunnet, 11, show off their face art created at CAG's Fall Festival in October. Read more about the day on page 21.  
PHOTO BY: MEREDITH NEWBERRY



The Midtown Bridge is underway. Media, officials and residents were at the Canal on a sunny afternoon in October to celebrate groundbreaking.  
PHOTO BY: PETER CROAL

Sula Wok is open for business on Main Street - mostly! While they await the finishing touches on the restaurant, Sula and Andrew can be found serving their food outside their restaurant during lunch and dinner. Read more details on page 13.  
PHOTO BY: MEREDITH NEWBERRY



Thanks Camden! And congratulations on your Mainstreeter retirement. Camden McKimm, 17, has been volunteering to deliver the paper for over a decade. First, he helped his mom deliver to her route on Hawthorne Avenue and then he took over on his own. Camden is now passing the delivery onto siblings Carolyn and Graeme Barbe. Thanks for all your hard work guys!  
PHOTO BY: LORI FRASER



Isabella Hogeterp had the honour of cutting the ribbon for the official opening of the river walking pathway through Greystone Village. Isabella was helped by Regional Group's David Kardish and planner Erin O'Conner and was supported by brother Owen Janes. The parallel paved bike path will open late next summer.  
PHOTO BY: JOHN DANCE



What a beautiful idea! Last summer, two families got together to paint some pictures to beautify the hydro poles around Marlowe and Belgrave Streets. Using some acrylic paint and old plywood, Nyah (10), Niobe (7), Finial (7) and Kaliyana (5), painted their street art around the theme 'fairies and flowers'. Marcia George said, "We hope that this will spread throughout OOE! A simple and quick project to further beautify the neighbourhood."

PHOTO BY: PETER CROAL



Neighbours Sue Maroun (pictured on the left with the chef's hat) and Suzanne Taylor started decking out their property on Rosemere Avenue for Halloween seven years ago. The extravaganza keeps growing every year.

PHOTO BY: ASHLEY BURKE

Halloween isn't complete in Archville without Sue Maroun sending our children home with nightmares. What an amazing job these two families do each year!

PHOTO BY: ASHLEY BURKE



Vicky Davis along with other great community members, including her husband Barry, have been the backbone of keeping the shoreline in order and the park clean. Davis is seen here at the Brantwood Park clean-up in October.

PHOTO BY: JAMIE BROUGHAM



Veterans, service personnel, and marching bands participate in the Remembrance Day parade on Main Street Nov, 5. Amid the rain, pride and honour shone through. Thank you.

PHOTO BY: JOHN DANCE

# If Trees Fall in the Forest, OOE Will Hear Them

Two years ago, a large number of mature trees died and were then removed from Springhurst Avenue between Brunswick Avenue and Chestnut Street. Neighbours took notice, but Bartosz Nowak took action. He started a conversation with the City's Environmental Services department that spanned more than a year and delivered results this November.

BY BARTOSZ NOWAK

Before becoming a homeowner, I never really gave any conscious thoughts to the importance of trees. I grew up in Vancouver, so maybe I just took them for granted. Once we moved into Old Ottawa East, however, one of our very first investments into our new home was a magnolia tree for the front yard. It just seemed like the right thing to do. We thought streetscape was important, and what better way to create curb appeal than a beautiful tree.

Our conviction in the importance of trees grew stronger over the years. We came to see them more than just a lovely aesthetic feature that adds to the ambiance of the neighborhood, but as a symbol of completeness and belonging. Just like trees, we wanted to plant roots and grow in our new community.

It was a sad day when I came home from

work to find all the ash trees cut down in Springhurst Park. I was struck with how empty and cold the streetscape appeared, and the importance of what was lost really hit home.

When the City of Ottawa decided to remove the ash trees along Brunswick Street, they planted some saplings years in advance to fill in the void. Unfortunately, this did not happen along Springhurst Avenue, and we were left with a bare patch of grass, with little to offer the neighbourhood's residents.

So I began inquiring about the City's plans for the removal of the stumps, replanting the trees, and an overall vision for the space. Some replanting took place during the winter of 2016, but several of the saplings died and were removed during the project to



Bartosz Nowak could once climb within the canopy of trees along Springhurst Avenue. Now he's hoping the City will help the avenue once again reach its former beauty.

IMAGE: ANNA NOWAK

remediate the park's soil. Where once we had a canopy of mature ash trees, we currently have only six young, albeit relatively healthy saplings lining the street.

After a lengthy back and forth with the City of Ottawa, four more trees were planted along the edges of the park space this month, and many more throughout Springhurst Park along Brunswick Street. However, no trees will be planted within the interior of

the park until the community decides how it intends to utilize the space--for example, whether to replace the benches and create pathways.

It will undoubtedly take many years for young trees to provide the same ambiance and shelter as those that were removed. In the meantime, they stand as a promise of future natural splendour and a reminder of how important trees are to the community.

# Police Say Crime Is Not On The Rise In OOE

BY JOE PARASKEVAS

Ottawa police say they have not noticed a jump in crime in Old Ottawa East despite a number of incidents this past summer that left some residents concerned.

Investigators with two different units of the Ottawa Police Service - robbery, and guns and gangs - were assigned to crimes in OOE, spokesman Constable

Marc Soucy admitted. But he was quick to point out this was routine.

Crime analysts with the police service, who study crime reports from across the city and relay any trends they spot to front-line officers, did not take note of a spike in Old Ottawa East, Soucy said.

However, Old Ottawa East, an otherwise peaceful neighborhood has experienced four violent incidents over the past six months. On June 14, police arrested a 23-year-old man after a 27-year-old man was shot during an early-morning incident near Rosemere and Springhurst avenues.

Five days later, a man robbed the Scotiabank branch at Main Street and Hawthorne Avenue and escaped with an undisclosed amount of money.

On September 14, police responded to a suspected shooting in the Main and

Riverdale area. Six days later, a further gun-related incident at an AirBnB rental in Concord St North left two people injured.

These violent incidents are in addition to a perceived increase in property crime over the past 18 months. Residents, particularly in OOE's northeast neighbourhoods between Main and the Lees transitway station, have regularly circulated e-mails of car thefts, home break-ins and cases of suspicious people seen wandering in the area.

*Continued on page 6*



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# The Fair Trade

BY MEREDITH NEWBERRY

Heather Bryce admittedly knows nothing about how to make a craft. But she could school anyone in how to build from scratch one of the largest craft fairs in the Ottawa Valley. Eight years ago, Bryce started 'MAC FAIR,' Immaculata High School's largest fundraiser, and has since seen the fair grow and bring in thousands of handmade products, visitors and dollars.

MAC FAIR raises about \$6,000 in the single-day event. That money in turn is invested in food hampers for local families, school sports teams and student council activities.

Bryce didn't have any experience putting on an event like this. It was an entirely new endeavour she had to craft through trial and error. "I couldn't coach a sports team if I tried, but I wanted to support the school and this is how I could contribute," said Bryce. "For me, it's really satisfying to see how this fair has grown. I had no clue what I was doing at first, but to watch something that has become a well-oiled machine is very satisfying. It's a continuing process, though; I'm still learning and growing."

Old Ottawa East residents will see Immaculata students enthusiastically waving people through to the craft fair on December 2, and perhaps get the best look at what the next generation of graduates from the school are like; they are energetic, intelligent, hard-working and helpful.

"I really enjoyed volunteering for MAC FAIR because it gave me a chance to raise money for Immaculata's

activities. I helped advertise the event, and made sure people knew where and when it was taking place. I look forward to volunteering again. It's so much fun," said Mecca, a Grade 9 student at the school.

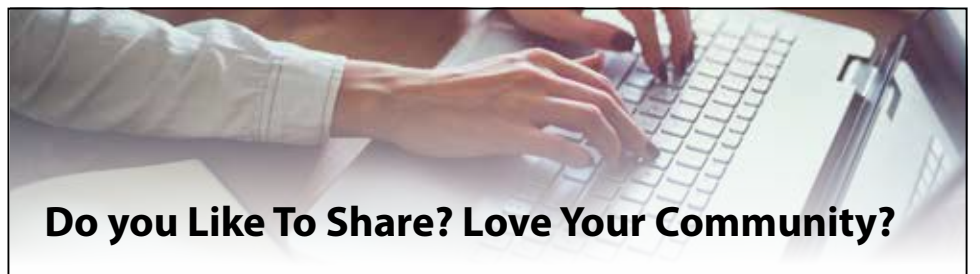
Bryce said a few years back the school valedictorian talked about the idea of what the school has given back to him — being responsible for your own success. She remembers that speech so well that it's one of the things that motivates her when she is putting the craft fair together and asking for volunteers, such as Savannah Betts who volunteered for MAC FAIR for six years.

*"Each year is better than the next. It's always so much fun, a great way to meet new people and get involved with the community as well as meet local artisans and buy amazing handmade items," said Betts, who graduated from Immaculata in 2016.*

This year at MAC FAIR there will be over 130 vendors and the team expects they might again have more than 1500 visitors that day in the single day. Visitors to the fair will see baked goods, knit wear, body and bath products, home decor, jewellery and probably some big smiles from the students who volunteer there. Admission is \$2.



Teacher and MAC FAIR organizer, Heather Bryce (right) and Perpetua "Pepsi" Cherubin, a grade 12 student at Immaculata will each be putting in extra time this month as they prepare for the the MAC FAIR on Dec. 2. Cherubin has been volunteering since Grade 8 because she loves the event so much.



## Do you Like To Share? Love Your Community?

### THE MAINSTREETER IS LOOKING FOR A NEW EDITOR!

We enjoy sharing the news around town and need someone passionate to help us do it. Our new Editor will be very familiar with Old Ottawa East, be organized and will work well with other volunteers and community organizations.

Although it's a volunteer job we are offering an honorarium. Check out the job description at [www.mainstreeter.ca](http://www.mainstreeter.ca), or send an e-mail to Steven Begg at [chair@mainstreeter.ca](mailto:chair@mainstreeter.ca) for further details.

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## LEES GREEN SPACE VERSUS ROADWAY: WHAT'S NEXT? - *cont. from page 1*

full AVTC roadway. In 2013, the city excluded the project from its “affordable” road network to be built by 2031, but kept it on the “ultimate” road network schedule. However, this downgrading of the complete project was preceded by approval of the \$62-million Hospital Link segment.

A number of politicians have declared their opposition to the complete project.

“The full AVTC connection is below the ‘affordability line’ in the current transportation master plan, which means it is essentially not being considered by anyone for more than another 11 years,” explains Capital Ward Coun. David Chernushenko.

“This ensures that all of the transit, cycling and pedestrian improvements underway and planned will have been built, and we will have seen

how dramatically they change travel patterns and modes in the city.”

“I am opposed to a ‘parkway style’ AVTC ever being built,” said Coun. Chernushenko. “There may come a time when we all (or most of us) agree that an actual complete street and bridge across to the other side of the river in this corridor makes sense, but I believe such a decision is more than a decade away.”

Councillors to the south, notably Jean Cloutier of Alta Vista and Diane Deans of Gloucester-Southgate ward, remain concerned about the growing transportation requirements of those in expanding southern communities like Riverside South.

“I have been a strong advocate for improved north-south transportation options and as such continue to support

the future construction of the AVTC,” said Coun. Deans. “I also recognize that the way that people choose to move around this city continues to evolve. Should the city move forward with the AVTC, the environmental assessment would need to be updated to reflect multi-modal transportation options including dedicated transit lanes, high-occupancy vehicle lanes, and cycling infrastructure.”

Coun. Cloutier said Alta Vista has a lot of cut-through traffic from the growing communities in the south end and believes a AVTC would reduce this.

However, he understands when the Hospital Link opens in December there will be a positive impact on Smyth and Alta Vista traffic, better emergency access to the hospitals and a better transit link for hospital visitors and employees. Another

improvement is a new bus service between the Civic and Smyth hospital campuses.

“We need to find solutions for better north-south transportation, be that transit, AVTC or encouraging other active transportation,” said Coun. Cloutier.

Meanwhile, back on Chestnut Street, Kitchen says she and her neighbours, including many residents of the Lees apartments, are going to continue their vigilance over the Lees green space.

“If we lose this vital community green space, it will further isolate the Lees apartment towers, and deprive all the residents of this corner of Old Ottawa East of a unique and vibrant urban oasis.”

## LETTER TO THE EDITOR

In the midst of a trying two years for many residents with the Main Street Renewal construction project, there have been some very bright lights. We have gained wider, accessibility-friendly sidewalks, safer spaces for bicycles, new benches and the restored Brantwood Place Gates. Our community has benefited immensely from under- and above-ground improvements.

For me, one of the bright lights has been the City of Ottawa’s Main Street Renewal construction newsletters. From May 2015 to September 2017, the City produced 40 newsletters to keep our community up-to-date on the ongoing and upcoming construction work.

I wanted to share a few of my favourite tidbits from these newsletters: our former watermain system dated back to 1908 when Sir Wilfrid Laurier was Prime Minister;

the Tactile Walking Surface Indicators help people with vision problems navigate the sidewalks; important information regarding the use of bike boxes, cycle tracks and crossrides; 600m of storm sewer was added (the height of 1 CN Tower); 10,700 tons of asphalt to roadways and cycle tracks were laid (the weight of about 32 empty Boeing 747s); and 6980m of traffic signal and streetlighting conduits were installed (the length of 26 Titanics).

A big thank you to the City of Ottawa and all of their construction partners for the work done to upgrade our infrastructure and especially for being such excellent communicators and community builders through these newsletters.

Bonnie Weppler  
Echo Drive

## ERRATA

**An error appeared in the October 2017 issue of the Mainstreeter. The Business Beat column carried incorrect information about the Organic Salon. The business is owned by Lucas Nault, and in addition to stylist Jennifer, other stylists include Tammy and Cecily. The Mainstreeter apologizes for any confusion created by the original story.**

## Urban Design Wins in Old Ottawa East

The City of Ottawa recognized two major Old Ottawa East development projects at its Urban Design Awards in October. The awards, handed out every second year, celebrate projects built in the City of Ottawa that achieve urban design excellence and were built in Ottawa between September 1, 2015 and September 1, 2017. The Main Street Renewal

project was singled out for an award of merit for its design that creates and enhances a special area in the public realm. And Greystone Village also received an award of merit for its Vision and Master Plan, a category that showcases inspiring ideas and guiding plans for the future. Congratulations to the teams who worked on these projects.

## POLICE SAY CRIME IS NOT ON THE RISE IN OOE - *cont. from page 4*

Most recently Cst. Stephanie Lemieux, provided the Old Ottawa East Community Association with information that said an increase in thefts from vehicles has been noticed.

“I don’t know why the cops would say [crime hasn’t increased],” said a 40-year-old man who lives at the high-rise apartment building at 169 Lees Ave. and also works in the area. “Only in the last year, I’ve seen them 12 times.”

The man, who has lived in OOE for eight years, went on to say his neighbourhood, which until recent years was a magnet for students and families, has begun to attract people doing drugs.

“(The police) can say there is no pattern,” the man said. “There is. It’s a bad pattern.”

Even in the face of crimes both high-profile and localized, most people are not alarmed that life in OOE is becoming more dangerous.

“I would not say that I feel any increase in crime in the neighborhood,” said a Chestnut Street resident. “We did have that one shooting event on Springhurst in the last year, but that felt like a freak event.”

A woman who works at the Old Town Hall community centre three or four days a week said she had not heard users talking about a growing sense of insecurity.

A business owner across the street agreed with police evaluations that crime was not a growing problem in OOE

# MAIN STREETER

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**Community Activities Group:** Call Old Town Hall at 613-564-1078 and leave a message for Carol Workun

**Community Police (for non-emergency concerns):**  
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**Ottawa Public Library, Sunnyside Branch:** 613-730-1082

**Sandy Hill Community Health Centre:** 613-565-3265

## FROM THE BOARD | DE LA PART DU MAINSTREETER

99 Concord is about a three minute walk from my house. My dog and I walk that stretch of Echo-Harvey-Concord-Echo numerous times each week. Of course, just outside 99 Concord is also the location of the latest shooting in Old Ottawa East. Two people were injured, around 2:00 a.m. on September 30. The police indicated that the shooting seemed to be targeted.

There have been a number of gun-related incidents in Old Ottawa East this year. The first was in April on Hawthorne near Concord, just after noon, when a gun was made visible but not fired. The second was in June, just after midnight, at the intersection of Rosemere and Springhurst and one person was injured. The third was in September on Glenview Avenue, close to Main and Riverdale, around 10:30 p.m.; shots were fired but no one was injured. And now this one, on Concord Street.

I have lived in Old Ottawa East since July 2008 and I have always felt safe in this community. It's been a quiet and, until recently, kind of an "off the grid", unknown neighbourhood. It's the kind of place where people know their neighbours. Old Ottawa East really does have a small town feel to it.

There is so much to love about our community. From 2012 to 2015, I hosted the "Our Neighbours" column and am happy to write another piece in the series again in this issue. When I ask our neighbours what they love about our community, I routinely hear the same things: the Canal and the River; the sense of community; flowers and gardens; the local merchants; walkability and bike paths; green spaces; community events and street parties; the royal swans.

In an effort to not let this year's gun incidents overshadow the beauty and bounty of Old Ottawa East, I asked some community members what they loved about our community.

Leslie Kirk commented on old trees, the community association and funky infill housing.

John Dance highlighted the bridges, especially the newest one which will connect Clegg with Fifth Avenue, the "best outdoor rink in the world" which can be found in Brantwood Park, and Main Street in its new glory.

Meredith Newberry loves the open spaces – massive green fields - which make her never feel "trapped in the city" and the canopy of trees over Chestnut Street which is beautiful when the leaves are in full bloom.

Other comments included "the wonderful friendships I have made at Old Town Hall fitness classes", "the energetic, thoughtful, capable, collaborative people who participate in our many volunteer organizations and who simply make their neighbourhoods welcoming and beautiful", "the Rideau River to ski on in the winter and the docks on the canal at Clegg in the summer".

Our city is safe. And our community is spectacular.

Bonnie Wepppler, Secretary, Board of Directors  
The Mainstreeter

J'habite à environ trois minutes à pied du 99, rue Concord. Je fais le trajet Echo-Harvey-Concord-Echo avec mon chien plusieurs fois par semaine. Et, bien sûr, la dernière fusillade dans le Vieil Ottawa-Est a eu lieu juste devant le 99, rue Concord. Deux personnes ont été blessées vers 2 heures du matin, le 30 septembre. La police a indiqué que la fusillade semblait être ciblée.

Il y a eu un certain nombre d'incidents liés à des armes à feu dans le Vieil Ottawa-Est cette année. Le premier a eu lieu en avril sur Hawthorne, près de Concorde, juste après 12 h, alors qu'une arme à feu a été rendue visible mais n'a pas été utilisée. Le deuxième est survenu en juin, juste après minuit, au coin de Rosemere et de Springhurst, et a fait un blessé. Le troisième a eu lieu en septembre, sur l'avenue Glenview, près de Main et Riverdale, vers 22 h 30; des coups de feu ont été tirés mais il n'y a eu aucun blessé. Et en plus, l'incident récent sur la rue Concord.

J'habite dans le Vieil Ottawa-Est depuis juillet 2008 et je me suis toujours sentie en sécurité dans cette communauté. Le quartier est tranquille, pas très connu et, jusqu'à tout récemment, il était comme un trésor caché. C'est le genre de quartier où on connaît ses voisins. Il s'en dégage une ambiance de petit village.

Il y a tant d'aspects à aimer dans notre communauté. De 2012 à 2015 je gérais la chronique « Our Neighbours » et je suis heureuse d'en écrire une autre pour ce numéro. Quand je demande à nos voisins ce qu'ils aiment le plus dans notre communauté, j'entends souvent les mêmes choses : le canal et la rivière; le sentiment d'appartenance à une communauté; les fleurs et les jardins; les marchands locaux; l'accès piétonnier et les pistes cyclables; les espaces verts; les activités communautaires et les fêtes de rue; les cygnes royaux.

Afin de ne pas laisser ces incidents liés à des armes à feu éclipser la beauté et la générosité du Vieil Ottawa-Est, j'ai demandé à des membres de notre communauté de me dire quels aspects du quartier ils préfèrent.

Leslie Kirk a mentionné les vieux arbres, l'association communautaire et les logements d'insertion funky.

John Dance a parlé des ponts, surtout le nouveau pont qui reliera Clegg à l'avenue Fifth, la « meilleure patinoire extérieure au monde » au parc Brantwood, et la rue Main dans toute sa nouvelle splendeur.

Meredith Newberry adore les espaces ouverts – les immenses champs verts – qui font qu'elle ne se sent jamais « prise dans la ville » et la canopée d'arbres sur la rue Chestnut qui est superbe lorsque les arbres revêtent leur coloris automnal.

Parmi les autres commentaires reçus, il y avait « les magnifiques amitiés que j'ai tissées au classes de conditionnement physique à l'ancien hôtel de ville », « les gens énergétiques, attentifs, capables et collaborateurs qui participent à nos nombreux groupes de bénévoles et qui rendent leurs quartiers accueillants et jolis », « faire du ski sur la rivière Rideau l'hiver et les quais sur le Canal au coin de Clegg pendant l'été ».

Notre ville est sécuritaire. Et notre communauté est spectaculaire.

Bonnie Wepppler, Secrétaire, Conseil d'administration  
Le Mainstreeter

# Close Call With Electrical Fire Is An Important Holiday Safety Reminder

BY MARKUS MARSHALL

Robin Leckie wants her experience with a recent electrical fire to encourage other Old Ottawa East residents to be more prepared for emergencies.

Leckie's story is a situation that happens everyday in most homes; she was cooking. She heard a loud pop and a sizzling sound from her electric oven. She smelled smoke, but nothing was burning inside the oven.

"My partner pulled the range away from the wall and saw that flames were coming out from the back of the appliance, through the metal vents. I got the fire extinguisher that was in the basement and he used it to try to put the fire out. When that didn't work, he went to the basement to shut the power to the range at the electrical panel. When he tried the extinguisher again, it put the fire out. As it turned out, it was an electrical fire within the circuitry in the back panel. We were very lucky."

Over the past year-and-a-half, Old Ottawa East has witnessed several residential fires resulting in the loss of homes, personal belongings and a feeling of safety. While Leckie's damage was limited to some charred paint on the wall, she hopes she can help prevent a dangerous situation like this happening again to them and to others.

**HAVE A FIRE EXTINGUISHER** nearby at all times, Leckie warns. "Ours wasn't very far, but it should have been right in the kitchen, by the range. We now have one on every floor."

Leckie also warns her neighbours to "know when to try to put out a fire and when to just leave the house for your own safety and call 911."

As the season turns colder and holiday celebrations pick up the pace, the Mainstreeter wants to leave reader



with a few more safety ideas from Fire Prevention Canada.

**CANDLES** are one of the major causes of fires especially heading into the winter season. Candles often bring a warmth and ambiance to a home, but the open flame of a candle can burn at up to 1,400 °C. This can cause intense damage if candles are left unattended or close to flammable items. Extinguish candles when leaving the room or going to sleep; take care with candle placement by leaving them far away from any objects or decorations; and keep candles in good quality holders that won't tip over or collect wax.

**COOKING** is an everyday event year-round, but in the holiday season family and friends come around, families have bigger gatherings and often find themselves cooking for more people. This means the chances of kitchen fires start to increase. As well as Leckie's

suggestion to keep a fire extinguisher close to the stove, take some time now to clean the oven as grease and food splatters can ignite at high temperatures.

**FIRE ALARMS** are made to alert the threat of a fire before it's too late. Make sure there's a fire alarm on every floor of the home and that the batteries are working. Conduct regular checks of a fire alarm to make sure it's still working (the usual life of a fire alarm is 10 years, however some only last five). Don't locate fire alarms near doors and windows. For best performance, an alarm should be mounted on the ceiling in or near the centre of the room, hall or stairway, and at the head of each stairway leading to an occupied area. Optimum location for wall mounts is at least 15 cm (6 inches) from the ceiling but not more than 30 cm (19 inches) from it.



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## HOLIDAY SHOPPING



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FIND IT @ PHAT MOOSE



FIND IT @ CAFE QUI PENSE



FIND IT @ SINGING PEBBLE



FIND IT @ THREE TREES

## Holiday Shopping in the 'Hood

BY ALLANA GIESBRECHT

Just like Santa, you'll probably soon be making your list and checking it twice. Shopping for holiday gifts can be stressful, but the Mainstreeter is here to help. We're happy to report that neighbourhood stores in Old Ottawa East offer something for a variety of people on your list — whether they're naughty or nice!

### THE INTERIOR DESIGN LOVER

The Emporium on 47 Main Street has a beautiful collection of solid wood furniture, but don't panic if bed frames and bookshelves are beyond your budget, the shop also carries cushions and bedding, pottery, lamps, and art prints.

At 3 Trees (202 Main St.), you can find dishes, pillows, and beautiful blankets among a potpourri of decorative

treasures from faraway lands.

If you're hunting for high-end antiques, look no further than Donohue and Bousquet at 27 Hawthorne Ave. This tiny shop is filled with silverware and also has a selection of furniture, figurines, and trinkets.

### THE FASHIONISTA

Put the flair in local fare by clothes-shopping at 3 Trees, where you can scoop up something bright and colourful or soft and subdued. Dresses, tunics, tops and skirts are in abundance, as are soft and cozy nightgowns. The store also stocks men's clothing, and has a handful of winter coats. Don't forget the tuques, scarves, mittens, wool socks, and undies!

Shawls and ponchos can be found two doors down at Singing Pebble at 206 Main St., along with funny socks.

While Phat Moose on 98 Hawthorne Ave. mainly carries cycling clothes, we spotted a plaid shirt that would look great both on and off the trails!

If it's jewellery you're seeking, Singing Pebble has silver bracelets and stone pendants, and 3 Trees has a huge selection of rings, necklaces and bracelets made from various stones and semiprecious gems.



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**613-238-1498**

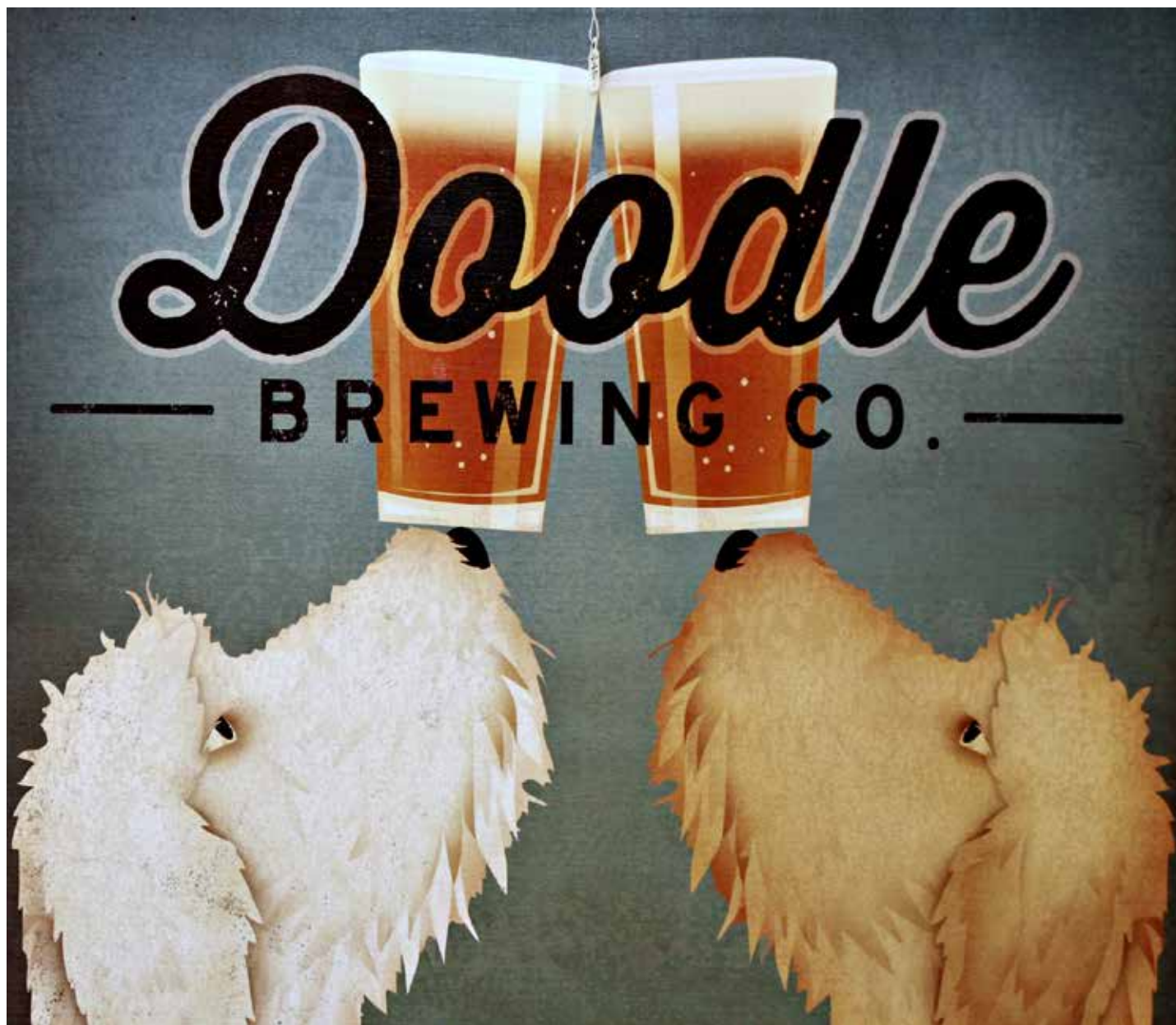
*Other paintings are available!*

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Art at the Emporium. If you know any Doodle-loving, beer drinkers with some free wall space...we've found the gift for them.

PHOTO BY: MEREDITH NEWBERRY

### THE KIDS

If you have any children in your life, they may have already pointed you toward Watson's Pharmacy, where the display of Ty's Beanie Boos has caught the eye of many a wee passerby. Watson's also has an assortment of Melissa and Doug games, toys, activity books, and crafts. They also carry Springbok puzzles and Bloco foam building kits.

Singing Pebble has many children's books to choose from, as well as stickers, tattoos, colouring books and science kits. Imagine their fun growing a crystal "Giant Sequoia" or crystal reef! The bookshop also sells Folkman puppets—perhaps a platypus or pelican?

### THE ONE WHO NEEDS PAMPERING

Indulge your loved ones with the gift of TLC. If a manicure or pedicure is their thing, gift certificates for Only You Esthetics on 94 Hawthorne Ave., or for the new Love Your Skin Beauty Lounge at 97 Main St. are in order. Both spas offer facials, skin treatments and makeup services. You can also buy makeup and skincare products to use at home.

For the gentleman on your list, Prim Barber Shop (91 Main St.) delivers cool haircuts and straight razor shaves, and sells men's grooming products.

### THE CAFFEINE-FIEND

You can find gifts for your favourite coffee- or tea-lover right here in the neighbourhood. Pop into Café Qui Pense at 204 Main St. to stock up on beans from Almonte's Equator Coffee Roasters.

Right next door at Singing Pebble you can grab a felted French Press cozy, or choose from one of many cute and clever mugs. And next door on your left, 3 Trees has lovely travel mugs, gorgeous tea sets, and even a selection of loose leaf tea.

### THE ATHLETE

Take a deep breath and say Ommmmmm. Great gifts for the Yogi in your life are available at Singing Pebble: a variety of mats, blocks, books, water bottles, and Yoga DVDs are available.

If you're shopping for that special cyclist in your life, check out Phat Moose. The shop specializes in custom and winter bikes, but offers

other items a cyclist could want, from parts to accessories to clothing.

Just down the street at 5 Hawthorne Ave., Cycos has a range of bikes, accessories, seats, and tires. They also sell skates and snowshoes, just in time for winter holidays!

### The Artsy One

Provide inspiration with a set of pencil crayons and a grown-up colouring book from Singing Pebble. Blank notebooks or guided journals

are also great gifts for those who are always doodling or jotting down deep thoughts.

Crafty friends and family might also appreciate a handful of carved buttons from 3 Trees.

### THE SOUL-SEEKER

Maybe your best friend is getting into Tarot or your mom is a budding Buddhist. Singing Pebble and 3 Trees have got you covered. Our local bookstore has a terrific selection of spiritual items including Tarot cards, candles, smudging bundles, meditation mats, crystals, and more. A couple of doors down, 3 Trees provides incense and essential oils, diffusers, Buddhist and Hindu statues, stones, and singing bowls.

### THE TEACHER/DAYCARE PROVIDER

Anyone who works with children all day might need a good coffee mug. We're particularly fond of the "You are doing a freaking great job" one we spotted at Singing Pebble! These folks might also love some of the hilarious buttons and magnets from the bookstore, or perhaps a unique holiday ornament from 3 Trees.

### The Host(ess) with the Most(ess)

Be a great guest and bring your holiday host some Rogers Chocolates or Stonewall Kitchen goodies from Watson's Pharmacy. Holiday ornaments from Watson's or 3 Trees are another great idea. Your host would surely be delighted by a sweet or savoury loaf from the Green Door (198 Main St.). You can also pre-order special holiday baking or bring a ready-to-bake dish from the restaurant's freezer.

## HAPPY SHOPPING!



**3 Trees**  
Exotic gifts  
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613 230 0304



ENVIRONMENT

- \$80 Million invested into cycling and pedestrian infrastructure in this Term of Council
- Ottawa River Action Plan underway and cleaning up our precious waterways
- Planted 150 trees in all 23 wards through the Canada 150 Maple Groves project
- Redeveloped Main St. into a cycling and pedestrian friendly street



ARTS

- Opening of the newly expanded and renovated Ottawa Art Gallery (OAG) and Arts Court in December 2017
- Hosted the inaugural Mayor's Gala for the Arts which raised \$ 75,000 for the OAG
- \$ 250,000 invested through the Ottawa 2017 Arts, Culture and Heritage Investment Program
- Increase the City's base funding through the City's Arts Momentum Fund



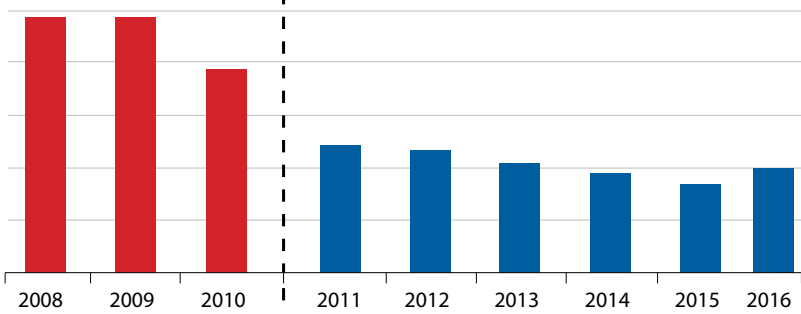
HELPING PEOPLE

- Implemented the low income transit pass, EquiPass, and fare, EquiFare
- Invested record amounts in Affordable Housing
- Renewed parks, community spaces and recreation facilities
- New Central Library coming



COMMUNITY SAFETY

- Hiring 75 new Police Officers over 3 years
- Increased the number of Paramedics
- Approved the use of photo radar in school zones
- New red light cameras installed



FISCAL DISCIPLINE

- Maintained a Triple A Moody credit rating
- Keeping the City affordable with a 2% tax cap
- Keeping City projects on or under budget



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## BUSINESS BEAT

BY RON ROSE

### SULA WOK IS TANTALIZINGLY CLOSE TO OPENING

It won't be long until OOE's newest neighbourhood restaurant, Sula Wok, opens its doors. In the meantime, owners Su Xinhui "Sula" and Andrew Lay have installed their portable food-cart/kitchen in front of the soon-to-be restaurant at 184 Main St. and are serving up a range of Asian-inspired dishes.

They are open most days from 11:00 a.m. - 2:00 p.m. for lunch, and again from 4:30 p.m. - 7:00 p.m. for dinner. They offer both take-out and ready-to-eat meals (like fusion tacos) that can be enjoyed on convenient straw bales or nearby benches. Vegetarian and gluten-free dishes are available.

"We are very pleased with the response we have received from the community," said Lay. "One way or another we are not far off and really looking forward to serving the community and building an even more vibrant Main Street."

As the weather turns cold and blustery, they may not be able to stay open outside every day. Residents are

encouraged to check Sula Wok's social media pages to see if the food cart is open that day and to follow their updates on when the restaurant doors will open.

### A NEW OASIS OF PEACE AND TRANQUILITY IN OLD OTTAWA EAST

Love Your Skin Beauty Lounge opened in early October at 97 Main St., the previous site of Café 97. Love Your Skin is a modern, newly renovated spa and esthetics clinic with dramatic feature walls, sumptuous pedicure chairs and an extensive line of spa and make-up products.

The Lounge's owner, Antonella is an Old Ottawa East resident. She used to work downtown and was thrilled to open a business in her own neighbourhood. She sees tremendous growth potential in the community. "Frankly," she said, "where else would you go? I love this area."

The space is called a Beauty Lounge for a reason. It is designed to be more of a lounge than a spa. One example



Antonella, owner, and Iratzi Marquez, esthetician, are pleased to open Love Your Skin Beauty Lounge at 97 Main Street. Doors officially opened Oct 17.

PHOTO BY:  
MEREDITH NEWBERRY

of this lounge atmosphere is the sound system, with individual speakers in each room that allow each client to enjoy music loaded from their own portable device during treatments.

Antonella, who trained as a medical esthetician, and her staff offer the full range of spa treatments, including facials, waxing, eyelash extensions,

micro blading, laser hair removal, manicures, pedicures and makeup application, as well as medical esthetic services.

The Lounge is open six days a week, including weekends. They open at 9:30 a.m. and normally close at 6:00 p.m., with later evening hours on Wednesday, Thursday and Friday.

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**Please contact the Research Coordinator:**

[aclarke@ottawaheart.ca](mailto:aclarke@ottawaheart.ca) or

**613.696.7000 x15944**

Les participants francophones sont invités à joindre cette étude.

This research study has been approved by the Ottawa Health Sciences Network - Research Ethics Board.

OPPORTUNITY Newspaper Ad - V2- Apr 6, 2017

# Strolling Through Memories In Brantwood Park

BY RON ROSE

Exploring and playing in Brantwood Park has made so many memories for families in Old Ottawa East. But walking the park can bring back many memories too. At least 14 families have planted memorial trees or purchased a bench in the honour of a loved one. The majority of the memorials lie between Clegg Street and the Brantwood Fieldhouse and can be seen marked discreetly with a plaque mounted in the backrest of a bench or in a small stone nestled below a tree.

The memorial trees are covered under the City of Ottawa's Commemorative Tree program, which was created in 1989. This program allows families or groups to have a tree planted or a memorial bench provided in a city park. For \$452, the City will plant a 50mm diameter tree and water it for three years. For \$3,100, the City will provide the bench.

The inscriptions on the memorials in Brantwood Park vary, some simply have a person's name, while others reflect on the person being remembered. Some inscriptions contain only dates. Most of the memorials are quite recent, but two very large trees near the Rideau River appear to date to the previous century.

But after wandering under the shade of the trees, or enjoying the bench along the pathway, people may notice another memorial. An unofficial, makeshift, now derelict, memorial bench dedicated to Nadia Kajouji. Kajouji is the Carleton University student whose body washed ashore beside in the Rideau River at the foot of Clegg Street following her suicide in 2008.

The City's memorial program may have provided a long-term solution to the problems faced when a few years ago some residents wanted the Community Association to fund a permanent memorial.



## BEYOND THE TREES

Past the shores of Brantwood Park other memorials are abundant. The gates at the west end of Brantwood Place at Main Street have been designated a war memorial and are host to the Remembrance Day Ceremony each November. The Brantwood Place Gates were first constructed in 1912, but were dedicated in 1948 as a memorial to those who died or served during the two World Wars.

Another memorial is a large stone bench, named Joshua's Bench, located beside Colonel By Drive in front of King's Landing. The bench, carved out of a single limestone block by Harley Swedler, who was inspired by the memory of his sister Ida, and named after her son, Joshua. The location was selected to take advantage of the views of the canal; views which are now blocked by trees, leaving this

large memorial desolate and hidden from view.

If you have suggestions about how our community can pay respects to our former residents or their service, share with us online and let us know.

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# Community Activities Group of Old Ottawa East (CAG)

Le groupe d'activités communautaires du vieux quartier d'Ottawa-Est

[www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)



**Winter  
Program  
Guide 2018**

**Registration opens  
Tuesday, December  
5 at 9:00 p.m.**

Photo: Jim Lamont

[info@OttawaEastCAG.ca](mailto:info@OttawaEastCAG.ca)

Old Town Hall 61 Main Street 613-627-0062 Wednesdays 2:00 – 8:00 p.m.  
Brantwood Park field house 39 Onslow Crescent 613-230-0076



**CAG... making Old Ottawa East an even better place to live, work and play**

# Preschool

For children with parents/guardians unless otherwise stated.

## Community Playgroup (0 – 5 years)

Old Town Hall, 61 Main  
January 12 – March 23,  
no program March 16  
Friday 9:30 – 11:30 a.m.  
\$44 first child, siblings \$29

## Cooperative Playgroup (0 – 3 years)

Brantwood Park field house,  
39 Onslow  
January 9 – March 20,  
no program March 13  
Tuesday 9:30 – 11:30 a.m.,  
\$27 per child

## Parent Time

A get together for parents who  
are home on parental/mater-  
nity leave – baby can come too!  
Old Town Hall, 61 Main  
January 9 – March 20,  
no program March 13  
Tuesday, 10:00 – 11:30 a.m.  
**FREE**, registration required.

## Peekaboo/CouCou (0 – 3 years)

Brantwood Park field house,  
39 Onslow  
January 11 – March 8  
Thursday 9:30 – 11:30 a.m.  
\$39 first child, siblings \$24.  
Pavillon du Parc Brantwood,  
39 Onslow  
111 janvier – 8 mars  
Jeudi 9h30 à 11h30  
\$39 premier enfant, frère-  
soeur \$24.

## Hush-a-Bye Babies® (1 – 12 months)

Old Town Hall, 61 Main  
January 18 – February 23  
March 8 – April 19  
Thursday 1:00 – 2:30 p.m.  
\$96

## Music Together (0 – 4 years)

Old Town Hall, 61 Main  
January 6 – March 24,  
no program February 17 or  
24  
Saturday 9:30 – 10:15 a.m.  
\$160 including materials,  
siblings \$85, siblings under 9  
months are free

# School age

Drop-off programs unless  
otherwise stated.

## Adoption Potluck & Play (5 – 12 years)

Brantwood Park field house,  
39 Onslow  
January 14, February 25 &  
March 18  
Sunday 4:30 – 6:30 p.m.  
\$22 per child

## Learn to Skate (4 – 7 years)

Brantwood Park outdoor rink,  
39 Onslow  
January 13 – February 17  
Saturday 1:00 – 1:45 p.m.  
\$53  
Parent or supervising adult  
required to stay at the rink

## Youth Activity Club (7 – 12 years)

Old Town Hall, 61 Main  
January 19, or February 23 or  
March 23  
Fridays 6:30 – 8:30 p.m.  
**FREE**, registration required.

## Dodgeball - NEW! (7 – 12 years)

Lady Evelyn School gym,  
63 Evelyn  
January 11 – March 22,  
no program January 25,  
February 15 or March 15  
Thursday 6:00 – 7:00 p.m.  
\$71



# SUMMER Camp 2018

**Online registration for summer camp** begins at 9:00p.m.  
Tuesday, January 2, 2018.

## Jump Start Summer (5 – 10 years)

Old Town Hall, 61 Main  
June 25 - 29  
Monday – Friday  
8:30 a.m. – 5:30 p.m., \$224

## Camp Brantwood (4 – 8 years)

Brantwood Park field house, 39 Onslow  
July 30 – August 3  
Monday – Friday  
8:30 a.m. – 5:30 p.m., \$224  
August 20 – 24  
Monday – Friday,  
8:30 a.m. – 5:30 p.m., \$224

## Children's Garden Camp (5 – 10 years)

Brantwood Park field house, 39 Onslow  
August 13 – 17  
Monday – Friday,  
8:30 a.m. – 5:30 p.m., \$224

## Canoe Kids (7- 12 years)

Brantwood Park field house, 39 Onslow  
July 3 – 6  
Tuesday – Friday  
8:30 – 5:30 p.m., \$271  
July 9 – 13  
Monday – Friday  
8:30 – 5:30 p.m., \$336  
July 16 – 20  
Monday – Friday  
8:30 – 5:30 p.m., \$336  
July 23 – 27  
Monday – Friday  
8:30 – 5:30 p.m., \$336

Children must pass a swim test to participate; see website  
for details.

## Nature and Art Camp (5 – 10 years)

Brantwood Park field house, 39 Onslow  
August 7 - 10  
Tuesday – Friday  
8:30 a.m. – 5:30 p.m., \$180

## PLEASE NOTE:

**All prices are inclusive of pre and post-care.**



**For more detailed information visit [www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)**

# EVENTS

## Winter Party in the Park

Brantwood Park field house,  
39 Onslow Crescent  
Sunday, January 21  
1:00 – 4:00 p.m.  
**FREE**

## Valentine Skate

Brantwood Park field house,  
39 Onslow Crescent  
Friday, February 9  
6:00 – 8:00 p.m.  
**FREE**

# AFTER school

Due to changes made by the Government of Ontario to the *Child Care Act* we can no longer accept children under the age of six in our After School programs. We can accept them in their SK year, once they have celebrated their sixth birthday. A few spaces available in both programs.

## Brantwood After School (Age 6 – Grade 6)

Brantwood Park field house,  
39 Onslow.  
\$210/month

## Old Town Hall After School (Age 6 – Grade 6)

Old Town Hall, 61 Main  
\$210/month

## PD Days (Kindergarten – Grade 6)

Brantwood Park field house,  
39 Onslow  
Friday January 26  
8:30 a.m. – 5:30 p.m.  
\$47

# March break

## March Break Camp (5 – 10 years)

Old Town Hall, 61 Main  
March 12 – 16  
Monday – Friday,  
8:30 a.m. – 5:30 p.m.  
\$224



*Want to book a children's birthday party? CAG has lots of options for you!  
More information at  
[www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca).*



Photos: Jim Lamont

# ADULT general interest

## New Canadian Learn to Skate (5 – 75 years)

Brantwood Park outdoor rink,  
Onslow, meet at the field house.  
January 20 – February 10  
2:15 – 3:15 p.m.  
**FREE**

To register; call Chris at 613 565-3265, skates and helmets available for loan. Program presented in partnership with Sandy Hill Community Health Centre

## Group Guitar Lessons for Beginners (12 – 95 years)

For returning and new students. Participants provide their own instrument. Program in partnership with Ottawa Fine Arts. Old Town Hall, 61 Main  
January 17 – March 21  
Wednesday 7:00 – 8:00 p.m.,  
\$250



## Community Café

Come socialize with your neighbours over a warming cup of coffee or tea!  
January 12 – March 23,  
no program January 26 or March 16  
Friday 9:00 – 11:00 a.m.  
**FREE**, registration required

*Looking for a room  
for a meeting or  
event? We can help  
with that!*

*More details on the  
CAG website*

## CAG Program Fees

The Province of Ontario has announced some changes regarding employment policies that have impacted fees for CAG programs and services. The greatest impact is that as of January 1, 2018, the minimum wage will increase to \$14 an hour, a 22% increase. In order to meet this requirement and continue to offer a fair and competitive pay to all our employees, salaries for many of our staff will be raised. This cost increase, together with others required to meet provincial regulations, are significant given the CAG's small size and budget. As a result, fees for programs and services have increased.

While CAG aims to offer lower rates for community members, this fee increase cannot be avoided given the changes in policy and regulations. Should this fee increase prohibit you from being able to benefit from CAG services, please email Carol Workun, Executive Director at [cworkun@ottawaeastCAG.ca](mailto:cworkun@ottawaeastCAG.ca).

**For more detailed information visit  
[www.OttawaEastCAG.ca](http://www.OttawaEastCAG.ca)**

# ADULT fitness

All classes are beginner/intermediate unless stated.

## Vinyasa Flow Yoga

Old Town Hall, 61 Main  
January 17 – March 21  
Wednesday 7:15 – 8:45 p.m.  
(Beginner/Intermediate)  
Wednesday 5:30 – 7:00 p.m.  
(Intermediate)  
\$94

## Hatha Yoga

Old Town Hall, 61 Main  
January 13 – March 24,  
no program February 17  
Saturday 9:15 – 10:45 a.m.  
\$94

## Yin Yoga

Old Town Hall, 61 Main  
January 9 – March 20  
Tuesday 6:00 – 7:15 p.m.  
\$104

## Tai Chi Qi Gong

Old Town Hall, 61 Main  
January 10 – March 21,  
no program February 21 or  
March 14  
Wednesday 1:30 – 2:30 p.m.  
\$85  
January 8 – March 19,  
no program February 19  
**NEW** Monday 6:00 – 7:00 p.m.  
\$94

## Better Body Boot Camp

Lady Evelyn School gym,  
63 Evelyn  
January 8 – March 5,  
no program February 19  
Monday 8:00 – 9:00 p.m.  
\$96  
January 10 – March 7  
Wednesday 7:15 – 8:15 p.m.  
\$108



## Strength & Tone

Old Town Hall, 61 Main  
January 12 – March 23,  
no program February 23  
Friday 8:00 – 9:00 a.m.  
\$71

## Pilates

Old Town Hall, 61 Main  
January 9 – March 20  
Tuesday 7:30 – 8:30 p.m.  
\$104

## 20-20-20

Old Town Hall, 61 Main  
January 9 – March 20  
Tuesday 8:30 – 9:30 a.m.  
\$78  
January 8 – March 19,  
no program February 19 or  
March 12  
**NEW** Monday 1:30 – 2:30 p.m.  
\$64

## Single Class Fitness Passes

\$18/class Better Body  
\$14/class Yoga, Pilates, Tai  
Chi and 20-20-20  
\$11/class Strength & Tone

## Women's Hockey

Brantwood Park outdoor rink,  
39 Onslow  
January 15 - February 26 Mon-  
day 7:30 - 8:30 p.m.  
\$65

# www.OttawaEastCAG.ca

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**Online registration** opens  
9:00 p.m. Tuesday, December 5  
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Visa or MasterCard.

**In-person registration** opens  
2:00 p.m. at the Old Town Hall  
on Wednesday, December 6,  
payment is by personal cheque  
only.

Programs are advertised in the  
language in which they will be  
presented/ Les programmes se-  
ront donc offerts dans la langue  
dans laquelle ils sont présentés.

**Financial assistance** is  
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residents; please apply in person.

The **CAG Weather Policy** can-  
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temperature is below -25C with  
wind chill, or in the event of  
rain or hail. To find out if a pro-  
gram or event is cancelled due to  
weather, please check the CAG  
website.

## Men's Basketball

Lady Evelyn School gym,  
63 Evelyn  
January 10 – April 25,  
no program March 14  
Wednesday 8:30–10:00 p.m.  
\$89

## Co-Ed Volleyball - NEW!

Lady Evelyn School gym,  
63 Evelyn  
January 11 – March 22,  
no program January 25,  
February 15 or March 15  
Thursday 7:30 – 9:00 p.m.  
\$48



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# OOE Scientists Joins Movement To Solve Arctic Challenges

BY MEREDITH NEWBERRY



Jackie Dawson takes in the beauty of the Canadian far North. The ship both she and Bronwyn Keatley travelled on, the Ocean Endeavour, is pictured in the distance.

PHOTO BY:  
JACKIE DAWSON

This fall, while Old Ottawa East enjoyed rising temperatures among falling leaves, Jackie Dawson was sailing through the Northwest Passage among icy waves, narwhals, belugas and polar bears.

“It’s a fascinating time to be a scientist in the North” said Dawson. “There is a scientific movement to work more collaboratively, to include traditional Inuit knowledge and western scientific techniques, to solve nationally and globally relevant challenges.”

Dawson is a Canada Research Chair in Environment, Society and Policy and an Associate Professor at the University of Ottawa. As ‘Scientist in Residence’ for Adventure Canada’s ship, the Ocean Endeavour, she flew north to Cambridge Bay, Nunavut, then boarded the ship to make her way through the southern route of the Passage, across the Davis Strait to Greenland.

While on board Dawson gave lectures to a range of highly-educated and passionate passengers about climate change and the implications of new shipping corridors through Canada’s North.

“The Arctic is warming at twice the rate of the global average and most Canadian’s don’t even realize how dramatic these changes will be and what it could mean for two-thirds of our nation’s land mass,” said Dawson. “Should the Northwest Passage become a global trade route, as has been fabled for over 200 years and is becoming increasingly a reality because of climate change, the opportunities and challenges for Canada and Canadians will be enormous.”

There is a stark difference in the region from 1845 when Sir John Franklin and 128 of his crew were lost while searching for the fabled Arctic trade route connecting Europe to Asia, to now in 2017, when thousands of tourists visit and travel the passage aboard comfortable expedition passenger vessels each year.

Shipping traffic in the region has almost tripled in the past decade. Climate change has caused the sea ice to melt which in turn extends the travel season and increases open water areas which allows ships to travel in new areas.

Discovery of the H.M.S. Erebus

and H.M.S. Terror, Franklin’s ill-fated expedition vessels, which sit completely preserved under 11- and 24-meters of water respectively, will only serve to increase more shipping traffic to the region. One of the many issues around increased traffic to the region is that there are not enough resources to handle any emergency issues, such as fuel leaks or ship groundings, let alone to mitigate the environmental effects of increased commercial ships in the area.

This fall, Dawson wasn’t the only Old Ottawa East scientist to make a journey through part of the Northwest Passage. In August, Bronwyn Keatley, a senior advisor on Arctic science with Fisheries and Oceans Canada, made a similar voyage also aboard the Ocean Endeavour.

Keatley joined the Students on Ice 2017 Arctic expedition, an annual journey that helps youth understand and engage in the changing circumpolar world, foster

a new understanding and respect for the planet, and gain some hands-

on experience and the motivation needed to help lead us to a healthy and sustainable future.

Keatley, who participated as part of the science education staff, said the youth who joined the voyage were incredibly inspiring. They each had many stories to share and were so eager to learn. She encourages any youth in OOE to research the Students on Ice program if they are interested in joining an adventure such as this.

It is through the research and education that Dawson and Keatley are involved in that people can learn more about the northern places many people won’t be able to visit, yet can have such a large impact on their lives.

To learn more about Dr. Jackie Dawson’s research or the Students on Ice Foundation, check out [www.espg.ca](http://www.espg.ca) and [www.studentsonice.com](http://www.studentsonice.com)



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# Our Neighbours

BY BONNIE WEPPLER

Walking into Tina Raymond's house on Greenfield Avenue in late October, I found three stacks of Christmas DVDs on the dining room table.

"Halloween isn't a big deal for me", said Tina. "Halloween is really just the barrier I need to cross before I can start to watch my Christmas DVDs!"

DVD collector, lover of all things Christmas and Ottawa Senators devotee—these are only three things that describe Tina.

Tina watches or PVRs every Senators game and unfailingly wears her Sens jersey whenever they play. We discussed the possible move to Lebreton Flats for the team.

"There goes my disposable income—it would be so easy to get down there for all of the games!"

Tina is a public servant; she has worked for the Canadian Border Services Agency, Public Safety Canada as well as Services Canada. Currently, she is employed by the Department of National Defence.

Tina prefers not to drive and wanted to move to an area within walking distance to her current job at the Department of National Defence. Originally from New Liskeard, she wanted an area that while near downtown, was quiet. She chose our neighbourhood about six years ago.

"I didn't know much about this community when I first moved here. But I knew I wanted to volunteer, to help with something. I found Old Ottawa East's Community Activity Group (CAG)," said Tina, who has been a CAG Board member for a few years now.

"I like CAG's mandate and what it bring to the community. It's nice to have such a positive, local message."

Tina also enjoys the natural beauty that Old Ottawa East offers. "There is so much nature in the north, where I grew up—trees and greenery and water. I like that I've found a place where I have that here, too."

Our local restaurants feature on her list of favourite things about the area.



Tina Raymond in her HOME SWEET HOME.

PHOTO BY: BONNIE WEPPLER

She frequents the Green Door, the Royal Oak, and the Subway. She's also looking forward to trying our neighbourhood's culinary newcomers Habibi Pizza and Lebanese Pies and Sula Wok.

Perhaps the most amusing fact about

Tina is her love of television games shows. She inherited a large-screen from her brother, but confided: "I cannot have the Game Show channel. As much as I would love to have it, I absolutely cannot. I would never leave the house if I had it."

## CAG Fall Festival 2017

BY CAROL WORKUN, EXECUTIVE DIRECTOR, CAG

Event day for CAG's Fall Festival dawned wet and soggy on Thanksgiving Monday but the weather didn't deter this community! Attendance was great given the conditions, and feedback was that families were "thankful" to have the event running.

Decisions on rain dates can't be made last minute - suppliers need to know the night before and volunteers appreciate advance notice. All that to say the decision to go ahead had to be made on Sunday evening when the forecast was somewhat hopeful. That changed overnight and what we got was a steady rain throughout the event. But Old Ottawa East doesn't let a bit of rain ruin their fun.

Families enjoyed face painting, apple bobbing and pumpkin painting in the field house, Sula Wok came out with their Asian Taco food cart and the scheduled juggler adapted beautifully to indoor conditions, with not only the promised juggling but puppets and magic tricks too - the kids were enthralled!

A big thank you to everyone who came out and supported event.

Thank you also to our intrepid volunteers for making this event such a resounding success:

Lisa and Todd Dunnett, Catherine Hooker, Ana Genio, Selena Arvai, Rhonda Walker-Sistie, Tasmin Clunis, Anne Theresa, Fiona Clark, Jim & Marina Lamont, Carol Anne Owen, Dan Byrne, Zane Shepperd, Chaz Davies, Ben Hebb, Beth Cooper, Laurie Greenwood, Kathy Cook, Maureen Ward, Ramine Shaw, Marie-Eve Noel, Suzanne Gagnon, Heather Jarrett, Jim Fraser, Dave Macki, Stacey Wowchuk, Lynne Byford and Tina Raymond.

CAG gratefully acknowledges the financial support of the City of Ottawa for the Fall Festival.

CAG would also like to take this opportunity to thank our Community Partners for year round support of CAG activities: City of Ottawa, The Regional Group - Greystone Village, Domicile - Corners on Main, Sandy Hill Community Health Centre, BMO - Lansdowne, Watsons Health and Wellness, The Green Door Restaurant, Diane & Jen Realty.

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# Old Ottawa East Singers Find Inspiration in Rideau Chorale

## Handel's holiday classic Messiah sure to impress on Dec 7-8

BY JENNIFER STRACHAN

It was only three years ago when I was introduced to what is now known as Rideau Chorale. It was a stirring experience, to say the least.

The chorale's inaugural concert of Vivaldi's Gloria was led by well-known musical director, pianist, conductor, composer and impresario, Roland Graham, and the choir put on a stellar performance accompanied by a seven-piece orchestra. So good, in fact, that it prompted me to join their ranks.

Before I knew it, I was singing with the chorale in their next concert, Fields of Gold, back in the early spring of 2015. This performance had a more contemporary feel and featured works by Sting, Billy Joel, Edith Piaf, Simon and Garfunkel, and other pop and jazz composers.

While I had previously sung in several choirs, I had been out of the loop for decades until I was introduced to Rideau Chorale by my husband, Balou Antia. Balou has lived in Old Ottawa East for the past 20 years and has

been been rehearsing and performing with the choir in Southminster United Church for several years.

Now, Rideau Chorale is about to stage one of its most ambitious performance ever with Handel's Messiah.

On Thursday December 7 and Friday December 8, 2017, at 7:30 p.m., Rideau Chorale will be presenting a complete performance of Handel's Messiah at Southminster United Church in Old Ottawa South.

The concert will feature a full choir, orchestra, concertmaster Roland Graham on harpsichord, and soloists Kathleen Radke (soprano), Whitney O'Hearn (mezzo-soprano), Jeff Boyd (tenor), and Joel Allison (bass), under the baton of guest conductor and organ virtuoso Matthew Larkin.

This will be Rideau Chorale's first time tackling the beloved masterpiece, and we promise to bring fresh energy and enthusiasm to our performance.

### A FRESH MESSIAH

Tickets to Rideau Chorale's Messiah (\$20/\$30/\$35) are available now on Eventbrite ([rideauchorale.eventbrite.ca](http://rideauchorale.eventbrite.ca)), from choir members, or by calling 613-263-0637. Southminster United Church is located at 15 Aylmer Avenue, at the corner of Bank St. and the Rideau Canal. The building is wheelchair accessible and serviced by OCTranspo routes 6 and 7.

The Rideau Chorale has many dedicated and committed members, several of whom are Old Ottawa East residents. Our new website, [rideauchorale.org](http://rideauchorale.org), concert posters, and Facebook page are all the handiwork of OOE resident (and banjo-picker extraordinaire) Sandra Bauer.

Jennifer Strachan is Rideau Chorale's volunteer director of external communications, where her husband Balou Antia serves as the executive chair.



PHOTO BY: DONNA BROWN

Jennifer Strachan and Balou Antia are just two of the Old Ottawa East residents who perform with the Rideau Chorale. They are preparing for a performance of Handel's Messiah on Dec 7th and 8th at Southminster Church in Old Ottawa South. Doors open at 6:30 performance starts at 7:30.



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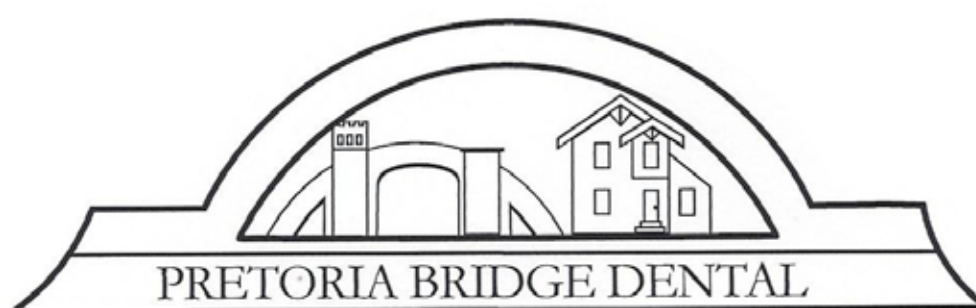
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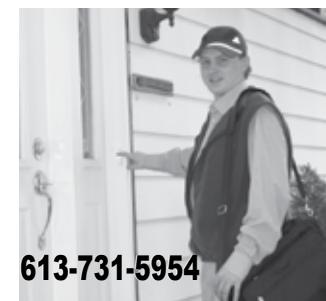
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# POLITICAL PAGES

## OLD OTTAWA EAST COMMUNITY ASSOCIATION

BY PHYLLIS ODENBACH SUTTON  
INFO@OTTAWAEAST.CA



## THE YEAR IN REVIEW AND WHAT TO EXPECT NEXT YEAR

As I write this column, I am preparing for our Annual General Meeting on November 14, so I thought it would be an ideal time to both reflect on 2017 and look ahead to 2018.

### WHAT A YEAR WE HAVE HAD!

Main Street had its official opening at the Main Event in June, but we have been able to enjoy the wide sidewalks, comfortable benches, raised bike paths, new trees and grass boulevards, the underpass mural + Main2 new artwork and the restored and rededicated Brantwood Gates for many months. The Brantwood Park portion of the Rideau River Western Pathway is complete, with the Springhurst portion expected to open by the end of November. The Greystone Village walking pathway has been re-opened, and Regional is well on the way to beautifully naturalizing the 30m river park. And construction has started on the footbridge at Clegg.

We have already welcomed some new neighbours in Greystone Village and soon the condominium units in Phase 1 of The-Corners-on-Main will be ready for occupancy. The Ottawa Chinese Bible Church has now celebrated its official opening, and a second jazz and chamber series is underway at the Church of the Ascension.

And in Canada's sesquicentennial year, we are very proud of our community association efforts to make this a special year. We had a marvelous time on our canoe/kayak circumnavigation of Rideau Island in September, and we have been thrilled at the feedback received on our Prime Ministers Speakers' Series. To date we have celebrated the lives and times of Sir Wilfrid Laurier, Sir John A. Macdonald, Sir Robert Borden, Lester B. Pearson, Louis St. Laurent and William Lyon Mackenzie King. Our understanding of Canadian history has been enriched by a diverse group of speakers, for whom we are incredibly grateful.

Sustainable Living Ottawa East has had a tremendous influence on the landscaping chosen for 30m river park at Greystone Village; we also have a new perennial garden at the corner of Riverdale and Main.

The basketball court resurfacing at Springhurst Park was completed (albeit with issues remaining on the pooling of water on the southern side). The new sod is well established, and there is additional equipment for table tennis, soccer and volleyball.

But we continue to hear concerns from residents about some planned developments, construction issues, minor variance requests, and a lack of parking.

### WHAT CAN WE EXPECT NEXT YEAR?

On the transportation front, more planning will be undertaken for the Elgin-Hawthorne redesign and the Greenfield-Main Street north project; watch for notices on public consultation. And while the footbridge will not be completed until 2019, we should see significant construction progress. The Lees LRT station will open, as will the LRT bridge sidewalks across the Rideau River. The Multi-Use Pathway on the eastern edge of Greystone Village should be completed. And I believe that 2018 will mark the reopening of the Queensway on ramp at Lees; after a five-year closure, this will indeed be a welcome change for many of us.

Hopefully we will also see some action from the City on a new community centre.

And even though our sesquicentennial year is coming to a close, we will be hosting several more events in our Prime Ministers speaker series. Check for details on our OOECA web-site and watch for the reminder notices in the CAG e-updates.

Finally, I would like to take this opportunity to thank retiring Board members for their hard work over the last year: Eddie Gillis, who represented us at the Federation of Citizens' Association (FCA) and led community efforts on the design of Greystone's Grande Allée / Forecourt park, our VP Ed Janes who also followed Transportation issues, Bob Parkins, who assumed FCA duties after Eddie's departure, Paul Goodkey, one of our members-at-large who is also one of our longest serving representatives on planning issues, our secretary Katherine Simonds who unfortunately is moving away from our community, Bill Baldwin who has been our Lees Ave apartments representative for a number of years and Kate Martin who represented us at City Centre Coalition meetings.

While the slate of proposed Board members for the next term is still being finalized as I prepare this column, it looks like we will have a good balance of returning members, some in new positions, and a number of new recruits.

Have questions? Want to learn more or volunteer to make improvements in the community? Then please attend the monthly OOECA Board meetings (second Tuesday of the month, 7:00 p.m. at Old Town Hall). For more details check out the OOECA website at <http://www.ottawaeast.ca/> or contact me at [info@ottawaeast.ca](mailto:info@ottawaeast.ca).

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## WE NEED CLEANER CARS, BUT ALSO FEWER CARS

The growing interest in electric vehicles (EVs) in Ottawa promises several benefits: cleaner air locally; fewer pollutants from producing electricity versus fossil fuels, and less noise from nearly silent vehicles that never idle.

But what won't necessarily change is the number of vehicles on our roads, and all the space we allocate to moving and parking them.

Reducing the number of vehicles owned by private individuals and in corporate or government fleets is a worthy goal. If car sharing and mode shifting significantly reduce the need for vehicles, regardless of power source, we'll see a major shift in urban and transportation planning.

Our society — I include my family in this — values transportation convenience, which for nearly a century has meant individual vehicle ownership. Recently, we've seen a shift towards "mobility" as the goal, with more people choosing the most time- and cost-effective way to reach their destination. For some trips, it's a walk or bike ride, for others public transit, and for many it will still be a drive. As long as our needs are best met by having instant access to private vehicles for many trips, we will keep buying, maintaining, storing and driving them.

Still, we're now starting to see an urban generation rejecting the "must" of car ownership, or even a driver's licence. They rely instead on walking, cycling, transit, taxis and car sharing memberships (Ottawa was an early adopter with its home-grown Vrtucar). I know many young people choosing to be car-free, and it hasn't reduced their mobility. They live where they want and choose destinations — for eating, shopping, travel, drinking, etc. — according to ease of access.

Now into this mix comes the EV, which, whether privately owned or shared, introduces a new set of choices and behaviours. With the range of several models now exceeding 200 km between charges, any destination in the Ottawa region is within reach. Many people drive for an entire week on a single charge



and, as the EV charging network continues to expand, the problem of "range anxiety" continues to shrink.

When our family did the math, we realized just how viable an EV already is. Of our regular trips, only the occasional drive to Toronto would be outside our range. We could charge overnight or en route for overnight trips to Montreal or Kingston. A return trip to Gatineau Park would be a piece of cake, and there are rapid chargers in Old Chelsea and Wakefield should someone forget to plug in.

We're now on the waiting list for several vehicles — we'll see which is ready first. Pent-up demand means you can't even test drive most EVs, but that should ease next year, with more new models and a better supply of existing ones.

EVs are an important piece of the clean, renewable mobility future. But in the end, our choice to walk, cycle, take transit and share our vehicles will be the biggest factor in any energy and mobility (r)evolution.

If we own fewer, cleaner vehicles, we'll clear the air, tackle climate breakdown and stimulate a new kind of renewable economy, while creating quieter, less congested streets.

# POLITICAL PAGES

## YASIR NAQVI MPP, OTTAWA CENTRE

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## BUILDING ACTIVE COMMUNITY INFRASTRUCTURE TO CELEBRATE CANADA'S 150TH

Summer in Ottawa for the 150th anniversary of Canada's Confederation has been one that will be remembered for years to come. Whether a giant spider walking our streets or one of Ottawa's world class festivals, this summer has created memories that will be remembered for some time.

But the sesquicentennial is more than street parties and festivals. It is an opportunity for us to invest in projects that will have a lasting impact on the lives of residents in our community. I am excited to highlight three active community infrastructure projects that are being built in Ottawa Centre with the support of the Ontario government.

### FOOTBRIDGE ACROSS THE RIDEAU CANAL

For many years, the residents of Old Ottawa East, the Glebe and Old Ottawa South have advocated for a cycling and pedestrian footbridge across the Rideau Canal. It has been important to me to work with the community, in addition to our Mayor, local MP and Councillor, to ensure that it is a priority for City of Ottawa.

I am excited that the province is investing \$5 million towards the new Clegg Street-Fifth Avenue bridge. This is a true funding partnership between all three levels of government. The new bridge will be built over the Rideau Canal connecting Clegg Street in Old Ottawa East to Fifth Avenue at Queen Elizabeth Drive in the Glebe. The City plans to begin construction as early as this fall, with completion in 2019.

This footbridge is crucial to uniting our community. It will provide a safe cycling and walking path, shorten commute times, and offer a dedicated active transportation route to work, entertainment and shopping.

### EXPANSION OF DOVERCOURT RECREATION CENTRE

Dovercourt Recreation Centre has been providing high-quality recreation programming since 1987 to the residents of Westboro and beyond. The Centre has grown to be Eastern Ontario's only HIGH FIVE accredited organization, providing the quality recreation programming for children in our community.

As demand for this facility continues to grow, it is clear that an expansion is much needed. I am proud that the Ontario government is contributing \$500,000 to help make this expansion a reality. More space means more fitness programs, camps, after-school care, sports, arts and dance programs for all ages.

The expansion is scheduled to open later this fall. Huge gratitude is owed to the Dovercourt's leadership team and volunteer board for their hard work in fundraising for this important expansion focussed on the health and well-being of our community.

### NEW CLUBHOUSE FOR THE OTTAWA RIVER RUNNERS

It may come as a surprise to many, but we have a whitewater paddling facility at LeBreton Flats. This facility, known as the Pumphouse, has produced world-class athletes and Olympians over the years, all the while they were using shipping containers for storage and changing.

It was time to build a new clubhouse to provide better facilities for the athletes and community that use the Pumphouse. Thanks to incredible community leadership and a \$150,000 grant from Ontario's Trillium Foundation, the Ottawa River Runners now have a stunning new home, providing adequate training and storage space.

Due to a new clubhouse, the Ottawa River Runners were proudly able to welcome the entire country this August to compete for the 2017 Canadian Canoe Kayak Whitewater Championships. Further, the River Runners are able to expand its community programming engaging more people in this thrilling sport.

All these projects are important community infrastructure, and will be a lasting reminder of Canada's sesquicentennial in Ottawa Centre. It has been immensely gratifying for me to work closely with our community leaders to obtain provincial funding so that we all have the opportunity to stay active and live healthy. If you need more information about any of these projects, please do not hesitate to contact me at my Community Office at 613-722-6414 or via email at ynaqvi.mpp.co@liberal.ola.org.

## TWO YEAR REPORT CARD

I can't believe it's been two years since the voters of Ottawa Centre elected me to represent our community in the House of Commons. I couldn't have done it without the hard work of so many people and I am thankful to have this opportunity. Every day I feel lucky to have the job that I do and be able to make a difference in our community. In two years we have accomplished a lot and I wanted to take a moment to highlight some of the milestones I am really proud of.

When I ran in 2015, I promised the Clegg Street Footbridge would proceed with the help of the federal government, and today I am so happy construction is under-way. Our government committed \$10.5 million to help create this project, allowing pedestrians and cyclists to move safely, efficiently and comfortably around our vibrant down-town core. This project is good for our economic growth and our environmental impact.

Our Government has also committed over \$1 billion for the Ottawa Light Rail Transit Stage 2 Project, meaning shorter wait times for commuters and the largest reduction of greenhouse gas emissions in Ottawa's History.

We've created three new canal paddle access points at Clegg Avenue, Paterson Creek and Waverley Street. We have secured Heritage Designation for the Ottawa River. The old U.S. Embassy at 100 Wellington Street, which sits on the ancestral land of Algonquin people, will be turned into a space for Indigenous Peoples. These projects will further the history and heritage of our city.

I know these projects are very important to the riding and I'm happy to be a part of bringing them to life.

My community office is committed to continue working hard for all of you, listening and helping with your concerns. Since November 2015, my team has been able to assist on over 280 immigration cases. This work has brought more diversity and experience into our city, and reunited and connected loved ones.

Through our constituency Youth and Youth Jobs Councils, we have made bold steps to addressing youth empowerment and youth unemployment. This year, 133 organizations received almost \$1.4 million to employ 380 students through the Canada Summer Jobs Program, showing our government's commitment to the next generation.

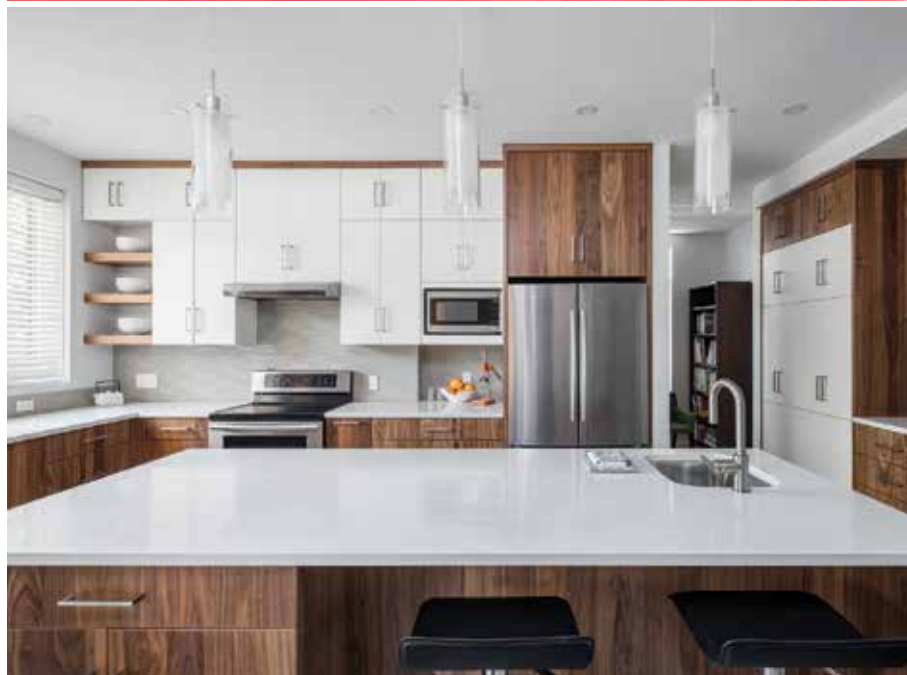
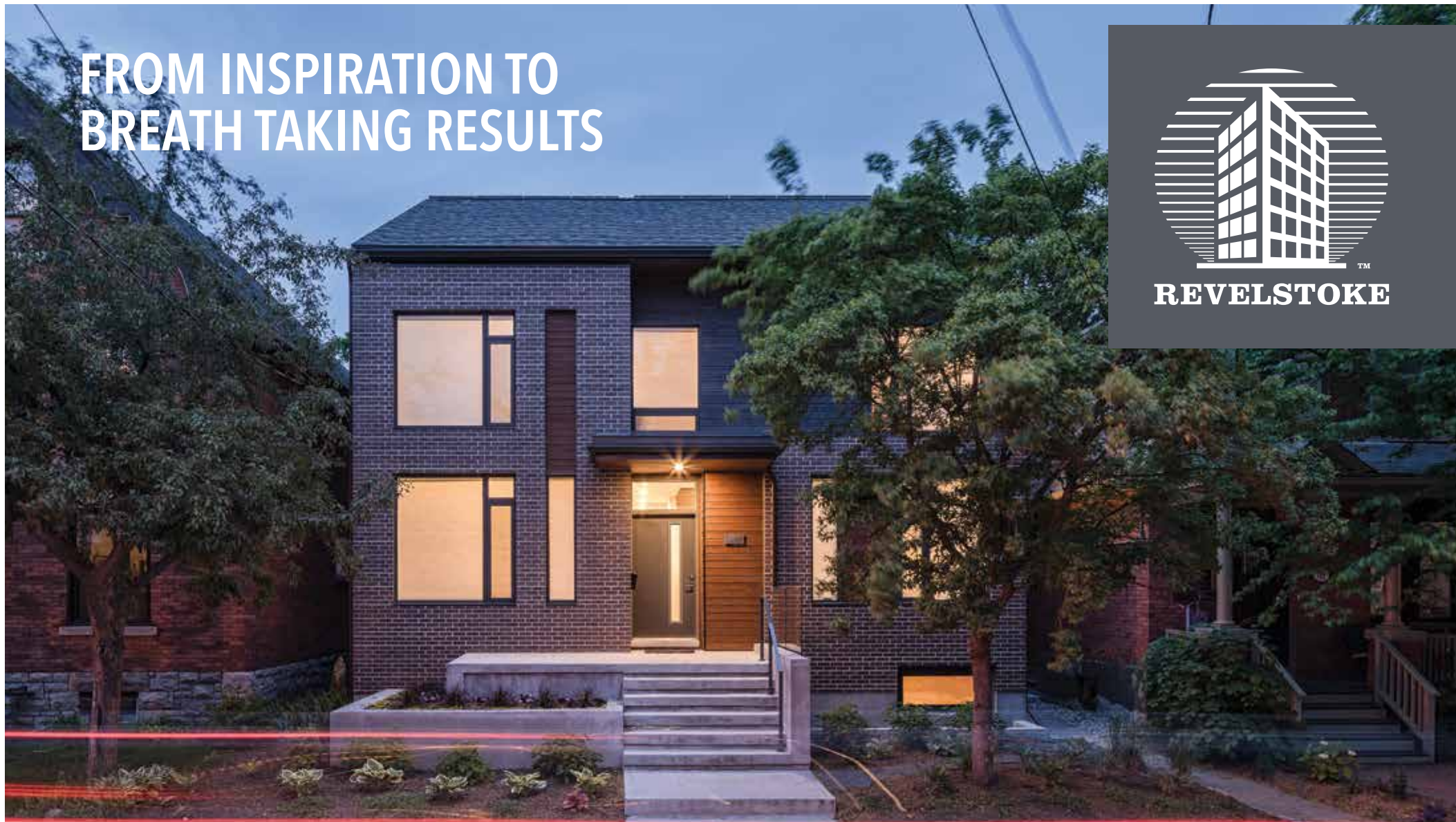
And the next generation is important. That is why my dream is to make Ottawa the greenest capital in the world. This means more canal access points, greener infrastructure like the footbridge and increased transportation investments like the LRT. If we continue down this path, we are not only doing the right thing for our kids and grandkids, we are also creating incredible opportunities for our city to grow. I want us to think bigger and aim higher to reimagine how we live, work and play in our nation's Capital.

When I ran in Ottawa Centre two years ago, I did so to make a difference and bring a voice to our community. I did so to help us thrive, expand and reimagine what is possible. Together, we still have much to do, but because of the dedicated residents in Ottawa Centre, we're off to a pretty great start. I look forward to two more years of change and innovation for our community. Thank you Ottawa Centre.

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# Sesquicentennial Celebration of Our Prime Ministers: Pierre Trudeau

*Dr. Paul Litt Discusses Pierre Trudeau*

*7:00 p.m., Wednesday, November 29, 2017*

*Room L120, 233 Main Street, Saint Paul University*

The next session celebrating Canada's Prime Ministers will focus on Pierre Elliott Trudeau, Canada's third-longest serving prime minister. Trudeau's charismatic, intellectual and aggressive leadership in preserving national unity, dealing with a terrorist crisis, reforming institutions, patriating the Constitution, and creating the Charter of Rights and Freedoms were celebrated by many and criticized by others. Canada was considerably different at the end of his 15 years of power.

Dr. Litt, a professor in the Department of History and the School of Indigenous and Canadian Studies at Carleton University will present at the session. He teaches and publishes on late twentieth-century Canada with special interests in Canadian nationalism, the 1960s, and the role of the media in

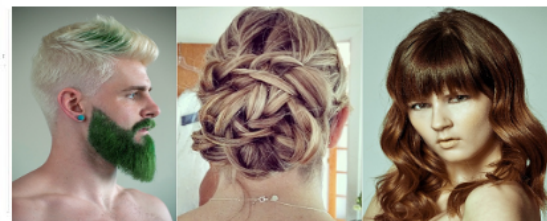
politics. Professor Litt is the author of several books, including *Trudeaumania* (2016), *Elusive Destiny: The Political Vocation of John Napier Turner* (2011) and *The Muses, the Masses and the Massey Commission* (1992).

The Pierre Trudeau event is the seventh in a series of talks to celebrate Canada's prime ministers. Pre-registration would be appreciated: [info@ottawaeast.ca](mailto:info@ottawaeast.ca). (The last session was over-capacity. So don't miss out if you can pre-register beforehand.)

Additional information at: <http://www.ottawaeast.ca/>.

Presented by the Old Ottawa East Community Association (OOECA) and Saint Paul University

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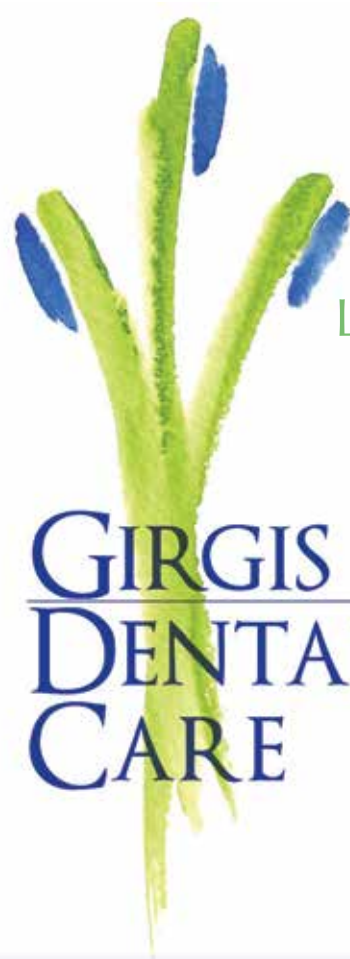
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## FAITH PAGES

# On the Way to Christmas

BY ANNE LOUISE MAHONEY

It's beginning to look a lot like... well, you know. But let's all just take a deep breath. The shopping, the baking, the housecleaning and the planning can go on pause for a few minutes. For now, let's just enjoy the waiting, the anticipation.

Picture your best Christmas ever. What made it so great? Was it the gifts you received? Or the gifts you gave? Was it spending time at the mall, or spending time with people you love? Was it the rushing around, or the few moments of peace in a room lit only by the Christmas tree? What is the heart of Christmas for you?

Over at Canadian Martyrs parish, we've been preparing for the birth of Christ at Christmas by celebrating the four weeks of Advent. Week by week, starting on December 3 this year, we journey towards the feast of Christmas, lighting one more candle on the Advent wreath each Sunday to recall that we are getting closer. Although the autumn

days are becoming shorter and the darkness is gathering, those glowing candles bring light to our eyes and our lives.

So although the malls and online stores have been full of Christmas since November 1 (if not earlier), we can use the time leading up to December 25 to prepare in a different way for the feast:

- Set up a nativity scene at home. (Get the kids or grandkids involved and tell them the story.)
- Put up an Advent calendar to help your family count down the days.
- Light the candle(s) on the Advent wreath every night at dinnertime: light one more candle each week.
- Set aside one non-perishable food item on each day of Advent and donate the items to a local food bank or shelter.
- Use some of the time you would spend shopping or stressing to stop, rest and reflect on what brings



Two-year-old Aoife Mae at the Christmas crèche.

PHOTO BY:  
JANICE CAMERON-CALUORI

light into your life: how can you focus on those people and activities in the months ahead?

Anne Louise Mahoney is the chair of the communications committee at Canadian Martyrs Church, 100 Main Street.

Merry Christmas!

A green rectangular banner with a black treble clef and musical notes in the upper left corner. A red Santa hat with a white pom-pom is positioned in the center.

**Sounds Like Christmas**

**Free Annual Community Christmas Concert**  
**Holiday Favourites, Wintry Treats**

**December 16, 3PM**  
**31 Graham Avenue**

 Ottawa Chinese Bible Church  
english congregation

A red rectangular banner with a large yellow five-pointed star in the center. The top right corner is decorated with a pattern of white stars of varying sizes.

**Christmas Eve Multi-Church Service**

**Family Worship Service**  
**All Are Welcome**

**December 24, 11:15AM**  
**31 Graham Avenue**

 Ottawa Chinese Bible Church  
english congregation

 Calvary Baptist Church

 Celebration!  
CHURCH OTTAWA

## FAITH PAGES

# Finding Some Peace Amid the Busy Christmas Season

BY RHONDA WATERS



We live in a society that has become skilled at speed. I no longer have to wait until I get to my house, never mind a library or a store, to make a purchase or look up a definition or deposit a cheque or watch a movie. I can contact people the moment I think of them and will likely receive a response almost as quickly. Photos no longer need developing; directions no longer require advance planning, and I can order a pizza while on the bus without even making a phone call.

Most of the time, I consider all of this to be an improvement over what came before but I do think that these efficiencies come at a cost. Patience and focus are no longer part of the demands of daily living – but they are still necessary for our well-being. Nowadays, we need to be more deliberate about slowing down, about waiting, about paying attention to what is going on around us.

This is particularly true at this time of year, in the midst of holiday parties and Christmas preparations. For so many of us, our to-do list gets out of hand every December, filled with shopping and decorating and baking and card-sending and school concerts and office parties. Christmas comes and goes and, some years, it feels like we didn't even have time to enjoy it.

Which is why, as much as I love Christmas, I love Advent even more. Advent is a traditional season of the Christian calendar, lasting for the four weeks before Christmas Day. It is a time of preparation and a time of anticipation with a quieter volume and a slower pace than what generally goes on in December. Each Sunday, we take time to pay attention to the troubles of the world and the worries in our own hearts. We light a candle, remembering God's promise that love and life and joy are stronger than hate and death and sorrow. We wait for Christmas and the remarkable story of how God chose to become human, proving it's not such a bad thing to be. And we prepare ourselves for the fulfillment of that story, joining God's work of bringing peace and justice to all creation.

Advent doesn't have as much flash as Christmas, but it can offer a welcome break in a season that can be pretty overwhelming. Even if you aren't a church-goer, consider setting aside a few minutes each day in the weeks before Christmas for an Advent moment. Light a candle. Take a deep breath. Pay attention. What are you waiting for?

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## ASCENSION Christmas Services

**Dec. 17 at 10am:** Eucharist & Christmas Pageant

**Dec. 18 at 7pm:** Blue Christmas Service

**Dec. 24 at 7pm:** Christmas Carols

**Dec. 24 at 7:30pm:** Candlelit Christmas Eve Eucharist

**Dec. 25 at 10am:** Christmas Day Eucharist

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**December 9 at 7:00 pm**

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# Les cinq meilleurs endroits de lecture automnale dans le quartier

PAR KELTIE ROBERTSON

L'automne s'est enfin pointé le nez et pour les friands de lecture, cela signifie que le temps est venu de dénicher un endroit douillet, livre en poche et boisson chaude en main. Nous sommes chanceux de vivre dans un quartier qui regorge de recoins où s'installer lors d'un après-midi frisque.

En voici donc cinq, en ordre aléatoire :

## 1. CAFÉ URBAN

Ce café sur le campus de l'université Saint-Paul, dont plusieurs résidents du quartier n'ont peut-être jamais entendu parler, a récemment subi une transformation majeure. Depuis la fin du mois d'octobre, il occupe un nouvel espace au centre du pavillon Guigues. Le café est aéré, avec de grandes fenêtres sur deux côtés, et rempli de sièges moelleux. Il y aura éventuellement un patio avec des lampes chauffantes, parfait pour les températures fraîches. Orhan Pamuk, dont l'écriture évoque la lumière tamisée d'automne, le feu qui crépite dans la cheminée et le bruissement des pages qui tournent,

se prête bien à l'ambiance. Pour les après-midis mélancoliques de fin d'automne, je recommande son Istanbul : Souvenirs d'une ville, qui fait découvrir l'ancienne capitale byzantine sous toutes ses facettes.

## 2. LE PARC BRANTWOOD/LE PARC SPRINGHURST

Pour les journées où il ne fait pas trop froid (où quand on a une couverture chaude), il n'y a rien de mieux que de s'installer sur un banc près de la rivière Rideau et de se plonger dans un roman. Le bruit du vent dans les feuilles et le cri des outardes accompagnera parfaitement une lecture comme Un an après d'Anne Wiazemsky, récit biographique des années que l'auteure a passées dans le Paris de la fin des années 60, alors qu'elle était mariée à Jean-Luc Godard.

## 3. LE CAFÉ QUI PENSE

Le soleil qui passe par la grande vitrine du Café, un croissant encore chaud, un thé chaï et un livre de la rentrée littéraire, voilà ce qu'il faut



Lecture automnale au parc Brantwood.

PHOTO BY: KELTIE ROBERTSON

pour passer la matinée parfaite. Le jeu de la musique, de Stéfanie Clermont, qui a reçu des critiques élogieuses, se prêterait bien à une telle journée. Je ne l'ai pas encore lu, mais paraît-il qu'une partie de l'action se déroule en Ontario français. Pas surprenant, puisque l'auteure est née et a grandi à Ottawa!

## 4. LE ROYAL OAK SUR LE CANAL

Quand les températures chutent, mieux vaut se garer près du foyer dans le pub, d'où l'on peut voir le canal lentement se vider avant l'hiver. Commandez à boire et préparez-vous à être happé par les revirements du plus récent thriller de Guillaume Musso, Un appartement à Paris. Attention – vous ne pourrez pas lâcher ce livre une fois que vous l'aurez commencé, alors installez-vous confortablement!

## 5. COIN LECTURE À SINGING PEBBLE BOOKS

Cachés au fond de la librairie, un sofa et une table offrent un espace tranquille où feuilleter un nouvel achat ou un livre préféré. Non seulement le roman Il pleuvait des oiseaux de Jocelyne Saucier, paru en 2011, a-t-il été couronné de prix, mais il se savoure encore plus à chaque relecture.

Avec l'hiver qui est à nos trousses, avez-vous des recommandations de lectures hivernales et d'endroits où les lire? Partagez-les avec moi ou avec le Mainstreeter.

Keltie habite dans le Vieil-Ottawa Est depuis 2012. Elle est férue de lecture et adore explorer le quartier. Elle compte contribuer des articles en français aux numéros à venir.

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**We wish you happy holidays and a healthy 2018!**

